

**THIS SATURDAY APRIL 27 LACDMH RADIO SHOW MOVES TO
KABC-AM 790**



Starting this Saturday, April 27, 2013 at 8:00-9:00 P.M., tune in for the weekly “Free Your Mind Projects Radio Show” which has moved to KABC-AM (AM 790). The Los Angeles County Department of Mental Health (LACDMH) is a proud sponsor of this unique radio show.

Whether you’re in your car or at home, tune in and listen to the hour-long program designed to promote awareness on mental health issues. This week, LACDMH Public Affairs Director Kathleen Piché will be co-hosting with Nettie Vasquez as the guest.

On the show, Nettie Vasquez talks about her path to Hope, Wellness and Recovery. Working for LACDMH as a Wellness Outreach Worker volunteer and Older Adult Service Extender, Vasquez’s life now is vastly different than her past. She is an ex-gang member, recovering alcoholic/addict and has been diagnosed with depression, anxiety, post-traumatic stress disorder and bipolar disorder. Vasquez talks about how she got treatment and rebuilt her life, giving back to the community and becoming a true leader by co-founding “Angels on Call”. Her group of volunteer “Angels” visits other clients who need cheering up during hard times. Listen in this week to find out about Vasquez’s inspiring story and how she reduces stigma and motivates others, especially in the Latino community.

If you miss the show, you can always listen to it archived on the Free Your Mind Projects website: <http://www.freeyourmindprojects.com/category/radio/>.

The “Free Your Mind Projects Radio Show” is always interested in possible guests and subjects to cover. If you know of any persons in recovery or subject matter experts who would be good candidates for an on-air interview in a future show, please contact the LACDMH Public Information Office at pio@dmh.lacounty.gov.